

# PRIME TIME

## STAY YOUNGER AND STRONGER FOR LONGER

Explore the latest research on ageing, exercise and mental health.

Learn practical strategies you can apply immediately.

Take control of your mind and body as you age.

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### **Prime Time: Secrets to feeling younger, when you're older**

*Anna-Louise Bouvier (Physiocise Founder and Wellness Expert)*

### **Floor Matters - how strong is your bladder?**

*Dimity Thompson (Women's Health Physiotherapist)*

### **Foods that Fight Dementia – foods and more for better brain performance**

*Alison Gallagher (Nutritionist, Naturopath and Bowen Therapist)*

### **Cultivating Curiosity: an anti-ageing superpower**

*Lisa Forrest (Mindfulness Expert)*

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#### **Willoughby Physiocise Studio**

**Thursday 23 April**

**10.30am - 12.30pm**

**Cost: \$35**

*Nibbles provided*

#### **Physiocise Moore Park Studio**

**Thursday 7 May**

**6pm - 8pm**

**Cost: \$35**

*Drinks & Nibbles provided*

**JOIN US:**

**[physiocise.com.au/events](https://physiocise.com.au/events)**